

COURSE SYLLABUS

SOUTHEAST MISSOURI STATE UNIVERSITY

Department of Theatre and Dance

Course No: DA 395

Course: Kinesiology and Physiology of Dance

New: Spring 2002

I. Catalog Description:

Investigation of the kinesiology and physiology of the human body as it relates to Dance. (3)

II. Prerequisite:

DA 185

III. Objectives of the Course:

Students will demonstrate:

- A. A basic understanding of human anatomy;
- B. A basic understanding of the biomechanics of human movement;
- C. An understanding of the anatomical kinesiology of dance;
- D. An understanding of basic physiological concerns related to dance;
- E. An appreciation of wellness concerns as they relate to dance.

IV. Expectations of Students are:

- A. Attend all class and lab sessions;
- B. Participate fully in all classroom and lab activity;
- C. Complete all reading, lab and written assignments;
- D. Complete written exams.

V. Course Content or Outline:

A. Anatomical Overview

Skeletal System

Articular System

Muscular System

Neural System

B. Biomechanics

Lecture hrs. Lab hrs.

2

1

2

3

2

3

4

C. Anatomical Kinesiology of Dance		
Movement Description	1	
Torso	1	2
Hip	2	4
Thigh/Leg	2	2
Ankle/Foot	2	4
Neck	.5	
Shoulder	2	4
Arm/Forearm	1	2
Wrist	.5	
D. Physiological Concerns		
Anaerobic (Strength and Power)	1	
Aerobic (Cardio-vascular)	1	
Flexibility		2
Training Principles/Programs	1.5	
Physiological Adaptations	1	
Aging and Development	1.5	
Physiological Assessment		2
E. Wellness		
Injury Prevention and Care	1	2
Nutrition & Substance Use & Abuse	3	
F. Mid-term Exam	<u>1</u>	<u> </u>
	32	32

VI. Textbook(s) and/or Other Required Materials or Equipment:

Fitt, Sally Sevey. Dance Kinesiology N.Y.; Macmillan Pub, 1988

VII. Basis for Student Evaluation:

A. Class assignments	15%
B. Lab Assignments	20%
C. Written Quizzes	10%
D. Written exams	55%

Bibliography

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- Bonbright, Jane M. and Janet Brooks, eds. "Dance Alive! Analyzing the Components of a Dance Fitness Program." JOPERD. May/June 1991: 41-42
- Bowling, Ann. "Injuries to Dancers: Prevalence, Treatment and Perceptions of Causes." British Medical Journal. March, 1989: 731-734.
- Brooks-Gunn, J., Michelle P. Warren, et al. The Relation of Eating Problems and Amenorrhea in Ballet Dancers." Medicine and Science in Sports and Exercise. 19.1 (1987): 41-44
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- Greben, S.E. "Dealing With the Stress of Aging Dancers" Medical Problems of Performing Artists. Vol. 7 n4, Dec 1992: 127-131
- Hardaker, William T. Jr. "Foot and ankle injuries in classical ballet dancers." Orthopedic Clinics of North America Vol 20 n4, Oct. 1989: 621-627
- Heilin, P. "Activation in Professional Ballet Dancers." Physiology and Behavior. 43(6) 1988: 783-7
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- Kushner, S. MSc (PT), L. Saboe, BPT, et al "Relationship of turnout to hip abduction in professional ballet dancers." The American Journal of Sports Medicine. Vol. 18 n3, 1990: 286-291
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- Sohl, Patricia and Ann Bowling. "Injuries to dancers: Prevalence, Treatment and Prevention." Sports Medicine. Vol. 9 n3, 1990: 317-321.
- Weber, L. "Dancer in Transition." Ballet International. n7. July 1995: 46-49